

1. THIS MESSAGE LISTS THE PRESCRIBED LOAD FOR INDIVIDUALS ASSIGNED OR ATTACHED TO II MHG FOR OIF 04-06 (OIF III).

2. THE II MHG PRESCRIBED INDIVIDUAL LOAD IS LISTED BELOW.  
READ IN TWO COLUMNS:

<b>A. ITEMS TO BE WORN FOR MOVEMENT TO AOR</b>	<b>QUANTITY</b>
UTILITIES, DESERT DIGITAL..... (PERMETHRIN TREATED)	1 SET
GLINT TAPE STRIP (REMOVEABLE/FASTENS TO UPPER ARM POCKET FLAP)	1
UTILITY COVER, DESERT DIGITAL (AS ISSUED)	1
HELMET W/CHIN STRAP AND REVERSIBLE MARINE PATTERN COVER (A TWO-INCH SQUARE PIECE OF BLACK GLINT TAPE WILL BE AFFIXED TO THE TOP OF THE HELMET COVER)	1
ARMOR, BODY, UPPER TORSO (W/SAPI PLATES & RANK INSIGNIA)	1
DESERT COMBAT BOOTS W/DOG TAG LACED IN LEFT BOOT.....	1 PAIR
UNDERSHIRT, GREEN.....	1
MARTIAL ARTS BELT (AS APPLIES).....	1
SKIVVIES.....	1 PAIR
DOG TAGS.....	1 SET
SOCKS, CUSHION SOLE.....	1 PAIR
BLOUSING BANDS.....	1 PAIR
RANK INSIGNIA.....	1 SET
CARTRIDGE BELT.....	1 (NOTE 1)
CANTEENS, FULL, W/COVERS AND NBC CAPS.....	2
CANTEEN CUP.....	1
ADVANCED FIRST AID KIT .....	1 (NOTE 2)
FIGHTING LOAD CARRIER/LOAD BEARING VEST/H-HARNES.....	1 (NOTE 1)
T/O WEAPON.....	AS ISSUED
(INDIVIDUALS ARMED WITH A RIFLE WILL POSSESS A BUTTSTOCK MAG POUCH IN ADDITION TO STANDARD ISSUE POUCHES AND 3 POINT SLING) MAGAZINES (W/APPROPRIATE POUCHES).....	M16 X7;M9 X4
HOLSTER (AS REQUIRED).....	1
LANYARD (REQ FOR PISTOLS).....	1
K-BAR/BAYONET W/SCABBARD.....	1
FLASHLIGHT, RED LENS, W/BATTERIES.....	1
NIGHT VISION DEVICES.....	AS ISSUED
BINOCULARS.....	AS ISSUED
COMPASS (M-2 OR LENSATIC).....	AS ISSUED
WRISTWATCH.....	1
MILITARY ID (CARRIED).....	1
WHISTLE.....	1
EAR PLUGS W/CASE (ATTACHED TO LBV).....	1 PAIR
BUTT PACK/ASSAULT PACK.....	1
PRESCRIPTION MEDICINE (MUST HAVE PRESCRIPTION)	90 DAY SUPPLY
BALLISTIC EYE PROTECTION(SUNGLASSES AND/OR GOGGLES)..	1
SOCKS, CUSHION SOLE.....	1 PAIR
WEAPONS CLEANING GEAR.....	T/O
WEAPON AS ISSUED	
NOTE PAD W/PEN.....	1
MRE(CONSUMED ONLY WHEN AUTHORIZED).....	1
HYGIENE GEAR (TOOTHBRUSH/PASTE, RAZOR, HAND SANITIZER)	1 SET
GLOVES, BLACK W/INSERTS.....	1 PAIR
SUNSCREEN.....	1
INSECT REPELLENT.....	2
<b>B. PERSONAL ITEMS FIELD GEAR (IN OR ATTACHED TO PACK)</b>	<b>QUANTITY</b>
ILBE OR MOLLE PACK .....	1 (NOTE 1)
PONCHO W/LINER.....	1
SLEEPING BAG (BLACK AND GREEN BAGS) WITH BIVY SACK.....	1
ENTRENCHING TOOL W/CARRIER.....	1
CAMELBACK.....	1
ISO MAT.....	1
WP BAG.....	1
TRASH BAGS.....	2
EXTRA BOOT LACES.....	1 SET
COVERALLS (MECHANICS - AS ISSUED).....	1
GORTEX JACKET/TROUSERS.....	1
SCARF (GREEN OR BROWN ONLY) OR NECK GATOR.....	1
MRES.....	3 PER MAN
FIELD PROTECTIVE MASK W/CARRIER/COMBAT FILTER/2ND SKIN.. (EYE INSERTS IF REQUIRED)	1

<b>C. ITEMS IN SEABAG / VALPACK / PARACHUTE BAG</b>	<b>QUANTITY</b>
UTILITIES, DESERT DIGITAL..... (PERMETHRIN TREATED) (SEE NOTE 3)	3 SETS
RANK INSIGNIA.....	3 SETS
UNDERSHIRT, GREEN.....	5
SKIVVIES.....	5 PAIR
SOCKS, CUSHION SOLE.....	5 PAIR
POLYPRO LONG UNDERWEAR (TOP AND BOTTOM).....	2 SETS
WATCH CAP.....	1
COMBAT BOOTS.....(W/STEEL TOE FOR DESIG/PERSONNEL.....)	1 PAIR
BLOUSING BANDS.....	4 SETS
TOWEL (GREEN OR BROWN).....	2
WASH CLOTH.....	2
PERSONAL HYGIENE GEAR (MUST HAVE MINIMUM):	
SOAP (W/PLASTIC CONTAINER).....	2 BARS
SHAVING CREAM.....	1
RAZOR (DISPOSABLES OR DISPOSABLE BLADE SYSTEM).....	10
FOOT POWDER.....	2
TOOTHPASTE, FULL TUBE W/TOOTHBRUSH.....	1
FIELD MIRROR.....	1
NAIL CLIPPERS.....	1
LAUNDRY DETERGENT, POWDER IN PLASTIC BOTTLE.....	1
SCRUB BRUSH FOR LAUNDRY.....	1
MESH LAUNDRY BAG W/PINS.....	2
GREEN PT SHORTS.....	2 PAIR
WHITE PT SOCKS.....	4 PAIR
RUNNING SHOES.....	1 PAIR
DURABLE SHOWER SHOES.....	1 PAIR
CLOTHES PINS (FOR HANGING GEAR).....	1 PACKAGE
COMBINATION LOCK.....	2
SEWING KIT.....	1
EXTRA EYE GLASSES (AS REQUIRED).....	1
EXTRA CHIN STRAP AND HEAD/SWEAT BAND FOR HELMET.....	1 SET
EXTRA DOG TAGS.....	1 SET
LETTER WRITING GEAR (NO STAMPS NEEDED).....	1 MONTHS
SUPPLY	

D. NOTES:

1: MOLLE/782 GEAR AS ISSUED	
2: CONTENTS OF <b>FIRST AID KIT</b> .....	QUANTITY
BANDAGE, ADHESIVE.....	10
BANDAGE, GAUZE.....	1
BANDAGE, MUSLIN.....	1
BOTTLE, SNAP-ON (FOR MOTRIN, ASPIRIN, ETC).....	3
DRESSING, FIRST AID, FIELD.....	2
INSTRUCTION CARD.....	1
CHAP STICK.....	1
IODINE SOLUTION.....	1
EYE DRESSING.....	1
BOTTLE, WATER PURIFICATION TABLETS....	1
SIGNED INVENTORY SHEET.....	1
ONE HANDED TOURNIQUET.....	1
QUICK CLOT, BLOOD CLOTTING AGENT.....	1
<b>OR: IFAK</b>	QUANTITY
PACKET OF ABSORBENT HEMOSTATIC AGENT (QUICKCLOT)	1
PACKAGE OF BURN DRESSING (WATER-JEL).....	1
BOTTLE, WATER PURIFICATION TABLETS....	1
BOTTLE OF WOUND DISINFECTANT (BETADINE SOLUTION)....	1
TOURNIQUET.....	1
PRESSURE DRESSINGS.....	2
BULKY GAUZE ROLLS.....	2
BANDAGE, ADHESIVE.....	10

3: SUPPLY IS CURRENTLY ISSUING (2) SETS OF DESERT DIGITAL UTILITIES. (1) SET OF UTILITIES WILL BE WORN INTO THEATER IAW PARAGRAPH 2A, (3) SETS IN SEA BAG. TOTAL OF (4) SETS.

E. UNIT EQUIPMENT. THERE ARE NO ADDITIONAL REQUIREMENTS FOR NBC EQUIPMENT TO BE BROUGHT INTO THEATER BY MHG UNITS BEYOND THE M40A1 FIELD PROTECTIVE MASK AND COMBAT FILTER (NOT OPENED UNTIL ONE WEEK PRIOR TO DEPLOYMENT) DIRECTED IN PARAGRAPHS 2B

ABOVE. DEPLOYING UNITS WILL FALL IN ON THE NBC EQUIPMENT OF THE UNIT THEY ARE REPLACING.

F. PROHIBITED ITEMS. (IAW CENTCOM GENERAL ORDER 1A)

1. NO GRAFFITI/WRITING OF ANY KIND ON GOVERNMENT ISSUED EQUIPMENT. (INCLUDES NO BLOOD TYPE WRITTEN ON HELMETS AND FLAKS)
2. NO PORNOGRAPHY OR SEXUALLY EXPLICIT MATERIAL.
3. NO DRUGS OTHER THAN PRESCRIBED MEDICATIONS WHICH MUST BE ACCOMPANIED BY THE ORIGINAL PRESCRIPTION.
4. NO ALCOHOLIC BEVERAGES.
5. NO FIREARMS, AMMUNITION, EXPLOSIVES OTHER THAN THOSE ISSUED BY YOUR UNIT.
6. NO CIVILIAN OR MULTICOLORED BAGS - USE YOUR BUTT PACK. (ANYONE USING A CARRY-ON BAG TO COURIER DOCUMENTS, ETC. WILL USE A BLACK, OLIVE, OR WOODLAND/DESERT CAMOUFLAGE BAG)
7. NO PERSONAL 2 WAY COMMUNICATIONS SYSTEMS SUCH AS BUT NOT LIMITED TO CELL PHONES, PAGERS, BLACKBERRY, IPAD, ETC.